

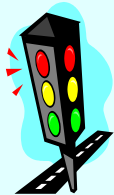


# WOW News

## Now's the time to do it right!

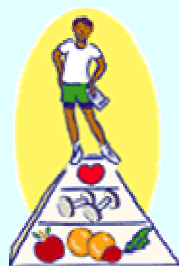
February 2004

If you're like most of us, you have made **"NEW" resolutions** each January to **be fit**. And every year you say "this time will be different!" You probably started again in January with a BIG BANG. Now you are in the second month, and it is just beginning to get difficult to stay focused on your resolution.



**Stop:**

**ask yourself,** "what do I need to do differently to be successful with fitness in 2004?"



**"Keep it sublimely simple (KISS)"** says Dr. Pamela Peeke, M.D. with Discovery Health's National Body Challenge.

"Watch the quality and quantity of what's going into your mouth. Then get up and move to burn it off and get fit," says Dr. Peeke.

**Make it sensible.** There are no strict rules; no forbidden foods. Start only one new thing at a time. And add more as each becomes a part of daily life; a habit. Find another person working on wellness, and support each other in this journey.

### Develop healthy eating habits:

Learn "portion control" and "what is a serving." Relearn the feelings of what it is to be hungry and/or full. Eat 4-5 small balanced meals from the 5-basic food groups. And drink 6-8 8 oz. glasses of water daily.

### Become a Walker:

use a **pedometer** and keep a log of your daily steps. Start slowly—if you only have 10 minutes, start there. You will enjoy walking so much more as you ease into it and gradually work your way up.

**This time can be different. You now have the "right know-how" to commit yourself to achieving change.**

**Am I at RISK for Heart Disease??**

**click**



**Pedometer Discounts**

**Valentine gifts: club memberships pedometers**

**Fitness Club Discounts**

**Active at Any Size!?**

**To learn more (click)**

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**Walking for fitness** Click

## Childhood Obesity; “Are Your *Kidz* at Risk?”

*Kidz* today are fatter and less fit than generations before.

- This is particularly troubling since many of the behaviors that lead to adult obesity are established during childhood.
- Obesity is strongly linked to cardiovascular disease, diabetes, cancers, bone and joint problems, asthma, and sleep disorders.
- Social stigmas, lack of self-confidence, and poor self-image are also associated with obesity.
- The food industry spends MILLIONS of \$ on advertising high-fat, high-sugar, processed foods; this is cool, fun, and has a free toy.



Are there medical problems developing right now in your *kidz*? What is a parent to do?

1st: *Ask your doctor* if your child is overweight or obese.

2nd: “*Set an example*” for the whole family.

3rd: The best thing you can do is *make good nutrition and exercise a family affair* by planning lower fat meals, nutritious snacks, and family activities. This will *help your child feel included in a total family effort focused on health*, and not feel isolated as the one with the problem.

4th: Teach *kidz* that exercise & healthy eating are a fundamental part of normal healthy living; helps *create a “positive” attitude about one’s health*.

5th: Involve *kidz* in food shopping and preparation. *Kidz* who feel competent to select and prepare food will make more intelligent food choices. Visit the American Heart Association for *dietary guidelines* for healthy children.

6th: Keep the TV, computer, & video games out of bedrooms; hours daily spent inactive increases the likelihood of a child being overweight. *Limit inactivity*.

7th: *At least 30-60 minutes daily* of enjoyable, moderate-intensity activity is recommended for all children age 2 and older by the American Heart Association. *As a family, get active together*; get *kidz* involved and take them to sport/team activities, cheer them on, and even be their coach; go for walks, rollerblade, ride bikes together on weekends.

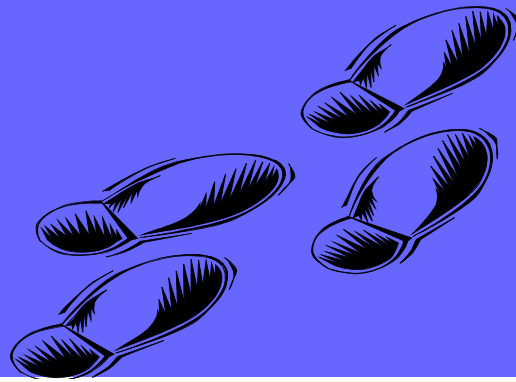
8th: Eating dinner with your family is a *healthy and wise investment*.

“Balancing is everything. The key to keeping kids happy and healthy is to strike a balance between foods that are good for you and those that just taste good, and between leisure or TV time and physical activity,” says the American Council on Exercise (ACE).

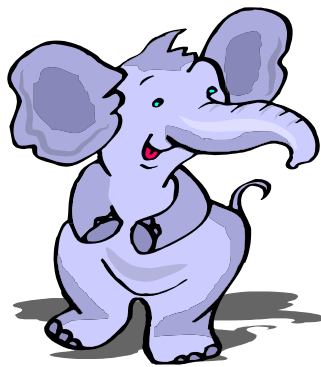


The most important thing *kidz* need is LOVE.

# Walk Like a Legislator: The Health "CHALLENGE" is ON!



The Senate, House, and Executive Office are competing amongst themselves to see which one can collectively walk the most number of steps.



**Michigan is tied for 2nd fattest in U.S. — more than 60% of Michigan adults are overweight or obese.**



"The Michigan Legislative Health Challenge (December 8—March 28, 2004) is one more step—or rather, many thousand steps to a healthier Michigan—taking it straight from the top, our state's leaders", says Christi Downing of MDCH, who sponsored and coordinated Challenge. "How can we promote physical activity and overall health, if we aren't the "model" for all Michigan residents", states Dr. Kimberlydawn Wisdom, Michigan's Surgeon General.

**It is possible to be more active in our busy day:**

- Take the stairs instead of the elevator.
- Park in the far end of the parking lot.
- Take a walk in the house during TV commercials.
- Have a "walking" meeting.
- Take a walk before you eat lunch.
- Deliver your e-mail message personally.
- Find a walking partner & motivate each other to increase daily steps.



**Let's see who the real movers and shakers are!?**



# NEW A monthly Contest & FREE Drawing

## ALL STATE OF MI EMPLOYEES

are invited to enter the contest.

There will be a QUESTION, and the ANSWER can be found in the WOW web-site's articles.

**Send your answer via WOW e-mail by Feb 19th.**



The names of the employees e-mailing the correct answer will be put into a monthly **drawing for a FREE gift.** The winner will be announced in the following month's **WOW "mass e-mail".**

**Click on the NOSE for the question**

**Watch monthly in WOW News for the question!**

## Chunky Chicken Vegetable Soup

### Ingredients:

- 1/2 lb. boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 tsp. oil
- 1 can (14-1/2 oz.) chicken broth
- 1-1/2 cups water
- 2 cups assorted cut-up vegetables (such as sliced carrots, broccoli flowerets and chopped red pepper)

- 1 envelope GOOD SEASONS Italian Salad Dressing Mix
- 1/2 cup MINUTE White Rice, uncooked (brown rice is better)
- 2 Tbsp. chopped fresh parsley

Cholesterol 25mg, Sodium 620mg, Carbohydrate 13g  
Dietary fiber 1g, Sugars 4g, Protein 13g



1. COOK and stir chicken in hot oil in large saucepan until browned.
2. ADD broth, water, vegetables and salad dressing mix. Bring to boil. Reduce heat to low; cover. Simmer 5 minutes.
3. STIR in rice and parsley; cover. Remove from heat. Let stand 5 minutes.

Makes 5 (1-cup) servings.

For more recipes, click: <http://email.kraftfoods.com/cgi-bin2/DM/y/mfT40IcZev0JDd0B5bq0Bn>